

Services

- We promote the importance of mental wellness to older adults
- We partner with senior centers, senior housing, activity centers or anywhere senior's gather, to develop training modules for wellness programs
- We support and educate caregivers who provide care to older adults with mental illness
- We educate older adults on recognizing symptoms of mental illness and to bring increased acceptance of mental health services

The Mental Wellness Series

Health, Wellness and Wholeness

Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude.

Depression and Anxiety

Learn to recognize the symptoms of depression and anxiety.

Preserving your Memory

Provides useful tips and brain exercise to sharpen your thinking and keep moments of forgetfulness to a minimum.

Good Sleep for Emotional Well-Being

Getting a good night's sleep is key for emotional well-being. Learn about the importance of sleep and get helpful tips on healthy sleep habits.

Hoarding

Learn to identify the differences between collecting, cluttering, and hoarding and the need for treatment for those who might have a significant problem.

Bullying

Bullying can occur at any time throughout our lives. Learn how to recognize it and tips on what to do if you feel it's happening to you.

Promoting Emotional Well Being

Learn about symptoms of depression, warning signs of suicide and recommendations for emotional well-being.

Managing your Medication

Learn the importance of sticking to your medication regimen. Get tips on what to ask your doctor and pharmacist when you get a new prescription.

Resiliency

Resilience is the ability to cope with life challenges or life changes and then to be able to adjust to them.

Substance Use

Learn about the different forms of substance use and how the use of substances can affect you physically and emotionally.

Holiday Blues

This seasonal presentation discusses strategies to combat feelings of sadness or "the blues" during the winter holidays.



If you are interested in learning more about our services, please feel free to contact our team:

**County of Los Angeles
Department of Mental Health
Older Adult System of Care**

**Prevention & Early Intervention (PEI)
Specialty Program**

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If you are in crisis and need help right away,
call toll-free, 24/7 ACCESS helpline:

1-800-854-7771



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*Chief Executive Officer
Los Angeles County*

Los Angeles County Board of Supervisors

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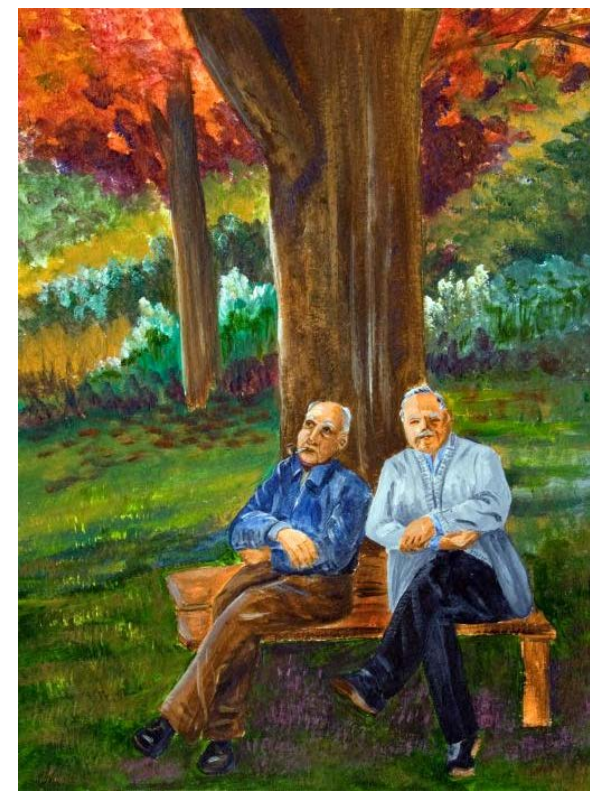
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<http://dmh.lacounty.gov>

Mental Wellness Programs for Older Adults



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